

# *A Guide to* **Children & Grief**

*What You Should Know &  
How You Can Help*

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*A Valley of Life Resource*

*[www.ValleyofLife.com](http://www.ValleyofLife.com)*

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# Introduction

By the age of 18, one in five children will experience the death of someone close to them<sup>1</sup>. One in 20 children experience the death of one or both of their parents before they turn 15. Yet despite these astounding statistics, few general resources exist on how to help grieving children. This **Guide to Children and Grief** is intended to provide an introduction to issues common to grieving children.

You will learn:

- how children grieve differently than adults
- what to say and do to help grieving children
- where to find additional resources to help you and the child

This guide is intended to help the parents, teachers, friends, and mentors who provide comfort and support during a child's grieving process.

Grief is a natural, healthy human process for recovering after a major loss. Although the experience of grief is difficult, it's crucial for emotional growth. Like any suppressed emotional response, unreconciled grief can have significant negative effects. As a responsible, caring adult, your task is important: allow the child or children to fully experience and learn from their grief.

# How Grief affects Children

## Common Phases of Grief

Psychologists tell us that the basic phases of grief<sup>2</sup> (for both children & adults) are as follows:

**Phase One: Shock, Numbness, and Alarm.** After the initial shock of the death has worn off, children may become alarmed about who will care for them, especially if a parent has died. Denial and disbelief may also be observed in this stage. Children may ask repetitive questions about the death, both to make sure that information doesn't change, and to gauge appropriate emotional responses.

**Phase Two: Seeking and Learning through Despair.** This is the most emotionally difficult phase of grief in which the bereaved child seeks meaning and comfort. Strong feelings of sadness, anger, guilt, and shame are often experienced in this phase. After moving through yearning, disorganization, and despair, psychological reorganization begins. This phase may require 6-12 weeks for the deepest pain to subside, and two years may pass before phase two is completed.

**Phase Three: Reorganization and Verbalization.** Here, the loss becomes a part of the child. It is integrated into their identity, and they begin to reorganize daily activities. Emotional responses usually subside in this phase. Finally, after plenty of time to reflect, the child is able to speak about their loss.

### How Children Grieve Differently than Adults.

Some grief-related emotions are universal. Like adults, grieving children may experience numbness, anger, disbelief, deep sadness, and guilt. However, because children are still developing, their experience of grief is unique in the following ways:

- 1. They move in and out of emotions.** According to the Child's Grief Education Association (CGEA), unlike adults, children often move in and out of the intense emotions surrounding grief. While an adult may appear sad for many weeks after the death of a loved one, children do not sustain emotion in this way. Be aware of this difference as you observe a grieving child<sup>3</sup>.
- 2. Children "Grow Up With the Loss."** Children may not fully understand the loss of a loved one right away. Preschool children may have questions about what death means, while elementary school children may have questions about the cause of death. As their development continues, children often have new questions about the death of their loved one<sup>4</sup> (see chart on page 10).
- 3. Children's Grief Responses May Not Be Immediate Or Obvious.** Unlike adults, most children have not yet learned the socially accepted expressions of grief. Because they don't know how to respond, they may use defenses to hide their emotions surrounding the death of a loved one. As a result, their behavior is often the best way to learn about their emotions.

"When adults see a grieving child playing or laughing, they may mistakenly believe that the child is "over it". This perception may influence how much grief support a child receives." - CGEA

### Common Myths about Children and Grief

**Myth #1: They can't understand death, so it's best to use softer terms.** Children have limited knowledge of death, but telling them that their loved one has "gone to sleep" or "gone to a better place" usually just results in confusion and frustration. It can be tempting to try to protect children from grief by using euphemisms such as "passed away," but it's best to be as honest and straightforward as possible. Children deserve the best information possible about the death of their loved one ([more on what to say to grieving children](#)).

**Myth #2: Children can recover on their own.** Just like adults, children need open communication and support surrounding the death of a loved one. Some adults may be tempted to ignore or gloss over the topic of death in the presence of a child; doing so may send the child the message that it's not appropriate to talk about death.

**Myth #3: Children should never go to funerals/ Children should always go to funerals.** Just like adults, children respond well when given choices. Rather than deciding for the child, caregivers should let the child decide whether he or she will attend the funeral and/or participate in other memorial activities. This is especially true for elementary school-aged children and teens. Children of these ages should be informed about what is likely to take place at the memorial service, and be allowed to make their own decision about how they will participate.

# What to Expect

## The Range of Emotions and Experiences Surrounding Grief

Just as no two children are identical, each child will experience and express their grief in their own unique way. Still, here are a few of the emotions that many children experience as they cope with the loss of a loved one:

- **Shock and Numbness**
- **Anger**
- **Sadness** may be expressed through a decrease in activity, which some parents may describe as being "too quiet."
- **Guilt** may be experienced, as the child regrets not being *better* in some way. Some may even believe that the death is their fault; caring, consistent adult reassurance is required in such cases.
- **Regression** to earlier behaviors, such as bedwetting, may occur. Regressive behavior typically subsides in time.
- **Anxiety or Fear** about death is natural, as the child establishes his or her own safety.
- **Play and other unexpected behaviors** may be observed, as children are not as experienced with expressing their emotions.

### Signs of a Grieving Child

Keep these emotions in mind as you interact with the grieving child. They may help you understand the child's changed behavior. Teachers and fellow parents can often "pick out" the grieving child through observation of their actions. The grieving child may:

- Want to repeatedly tell the story of the death and the memorial service.
- Act out or show off to get attention.
- Feel the deceased is still with him or her in some way.
- Burst into tears at unusual moments, such as during class.
- Experience difficulty concentrating.
- Seek new friends who have also experienced loss.

While these behaviors may seem unusual, remember that the grieving child does not have the emotional tools to work with their grief; they must find other outlets.

Even for adults, the death of a loved one often spurs a major restructuring of the brain. The bereaved may grow through their grief, sometimes revising their very sense of self. Even a person's sense of the meaning of their life may be significantly changed by grief<sup>5</sup>. These are enormous changes for adults. Keep in mind that children have no choice but to develop throughout their grief, so it's important to recognize how their age and development tinges their experience, as shown in the chart on the next page.

## Age-Specific Responses to Grief

Age	Emotional Responses	Possible Behaviors and Experiences
<b>Birth-2 years</b>	Afraid of being abandoned; anxiety; misses voice, touch and sight of lost loved one; longs for loved one	Crying; sucking and biting; insomnia; difficulty with digestion; rocking; throwing; thrashing
<b>3-5 years</b>	Guilt, confusion, anger, irritability, worry, sadness, agitation	Fighting; physical complaints; crying, vivid/intense dreams; withdrawn; reappearance of regressive behaviors (such as sucking thumb); interested in dead things; plays out and imagines scenes of death, change, and emotions; acts as if death never happened
<b>6-9 years</b>	Fear, guilt, confusion, sadness, anger, anxiety, loneliness, withdrawn, worry, anxiety, irritability	Hides feelings; regressive behavior; aggressive acting out; nightmares or other sleep disturbances; hides feelings as if death never happened; difficulty concentrating; specific questions about details of death; withdrawal; big swings in grades; protective of surviving loved ones

<b>Age</b>	<b>Emotional Responses</b>	<b>Possible Behaviors and Experiences</b>
<b>9-12 years</b>	Shock, confusion, anger, guilt, loneliness, vulnerable, sadness, feels isolated/abandoned, fear, worry, guilt; emotional turmoil is heightened by physical changes	Talks about physical aspects of illness or death; aggressive acting out; hides feelings; acts like death never happened; withdrawal; regressive behavior; fluctuating moods; hides feelings; nightmares; difficulty concentrating; changes in grades
<b>12 years &amp; older (teens)</b>	In addition to emotions including anger, confusion, shock, sadness, loneliness, vulnerability, fear, worry, and guilt, teens may feel especially abandoned or isolated. They are highly self-conscious about how their grief makes them different.	Mood swings; hides feelings; concentration difficulties; occasional regressive behavior; nightmares; acts like death never happened; impulsive and high-risk behaviors; changes in peer group; changes in eating patterns; difficulty with concentration, changes in grades; fighting, screaming, and arguing

# How to Help: What to Say

## General Tips for Speaking with Grieving Children

- **Listen more than you talk.** More than anything, bereaved children need supportive adults to listen to them and honestly answer their questions. Try to create openings for grieving children to talk about their emotions and experiences. One way to do this is to ask open-ended questions that can't be answered with a "yes" or "no."
- **Get on their level.** Teachers and parents alike know certain communication tips for speaking with children. They know that children usually respond better when you get down on their level and maintain eye contact. Additionally, try to use easy to understand words without talking down to them.
- **It's okay to say words like "dead," "death," and "die."** Children are still learning what death means, so they will appreciate straightforward communication.
- **It's okay to show your emotions.** Children look to adults to see how they should behave. If you hide your emotions, they will learn to do the same. This can suppress their grief and transform it into unhealthy emotions. If you feel like crying, cry. Send the child the message that it's okay to express feelings of sadness and loss.
- **Radiate security and affection.** According to grief counselor Dr. Alan D. Wolfelt's, "the two greatest needs of a bereaved child are for affection and a sense of security. We must let bereaved children know that we care about them despite their present behavior."<sup>6</sup> Whatever you say, communicate that you are there to support the child.

### What to Say: Dos

**Do share your memories of the deceased.** You might say, "Your mom loved this movie," or "Uncle Bill gave the best hugs, remember?" By talking openly about the deceased, you send the message that it's good to remember and appreciate the person who has died. This is part of the healing process, as it allows the grieving child to keep and cherish the memory of their loved one<sup>7</sup>.

**Do speak the truth.** There's no need to provide disturbing details, but you should answer the bereaved child's questions truthfully (no matter how many times they ask). When a child asks why their loved one died, for instance, you could answer, "Her body stopped working and could not be fixed. She couldn't breathe or eat anymore." Answer their questions—even the difficult ones—as honestly as you can.

**Do express your support.** More than anything, grieving children need caring adults to support them as they grieve. Let the grieving child know you are available to help them by saying something like, "I'm here to listen, or we could just spend time together if you don't feel like talking."<sup>8</sup>

#### More good phrases to keep in mind:

- "What was your mom/dad/brother/friend like?"
- "Would you like to talk?"
- "Is there anything I can do (in the classroom, around the house, etc) to help?"
- "I'm sorry your friend died."
- "Whenever you're ready to talk about it, I'm here for you."
- "What do you miss the most?"
- "What is the hardest part for you?"

### What to Say: Don'ts

**Don't say, "I know just how you feel."** This implies that the child doesn't need to tell you anything, since you already know. It also suggests that all people experience grief in the same way, which is not true. This sentence can be a conversation breaker.

**Instead:** Use an open-ended question to express your interest, such as, "Tell me more about how you feel," or "What's that been like?"

**Don't say, "You'll get over it," or "It will be ok."** This negates the grieving process, and sends the message that the child's feelings are merely obstacles to be overcome quickly.

**Instead:** Invite the child to share their feelings. This sends the message that their feelings are worthwhile and legitimate.

**Don't say, "Be strong" or "You're the man/woman of the house now."** After hearing this, the child may become more anxious. She may worry about whether she's "doing her job" well enough. Grieving children are often overwhelmed with emotional burdens; don't add to their load by implying that they need to take on more responsibilities.

**Instead:** Ask open-ended questions like, "How has your life changed since \_\_\_\_\_ died?"

#### More Statements to Avoid:

- "Don't think about it."
- "Don't cry."
- "You should feel ... (grateful, happy, relieved, proud, etc.)"
- "If only you had \_\_\_\_\_." (Implies that the death is the fault of the child.)
- "Tears won't bring him/her back."

# How to Help: What to Do

## Taking Care of the Basics

In times of crisis, even the most basic tasks can seem impossible. A previously independent, even precocious child may revert to behavior they haven't displayed in years. With such overwhelming emotions coursing through their psyches, children may forget to take care of the basics:

- getting enough sleep
- eating well
- socializing with others
- getting exercise

Psychologists tell us that even adults may neglect these basic needs in times of emotional duress. People suffering from depression, for instance, are often so emotionally distraught that they forget to take care of themselves. This neglect only makes them feel worse, and contributes to a downward spiral of emotions.

If the body isn't well cared for, the mind will suffer. You can **help children throughout their grief** by helping to take care of the basics. If you're a parent, prioritize these needs first. Family and friends might help by cooking for the grieving family and child, or babysitting to give the parents a well-deserved night off.

### Creating a Safe Place to Grieve

No matter how hard you try, you can't "fix" grief. There's nothing you can do to make a child's grief go away, but you can help them feel as safe and comfortable as possible during the grief process. The easiest way to find out how to do this is to ask the child what they need. Teachers, for instance, may create a quiet, private space where the grieving child can go when they need a break from the frenetic pace of the classroom.

Parents and relatives may take a similar approach in the child's home. Perhaps the child would like to create a special place to go to think about their lost loved one. Some children may like to decorate this space with photographs and mementos of the deceased. Others may need a space free of such reminders, so that they can "take a break" from their grief. Value each child's individual needs as you help create their "Safe Zone."

#### **Here are a few items you may consider placing in the Safe Zone:**

- Blankets and pillows
- Art supplies
- Writing materials, for journaling and writing letters to the deceased
- Healthy snacks
- Stuffed animals
- A CD player with the child's favorite CDs or stories on tape
- Positive books

### Age-Appropriate Responses

Children of different ages understand death differently. The following table will help you understand **how to help children according to their age and concept of death**<sup>9</sup>. Remember to support grieving children of all ages by honestly answering their questions, allowing regressive behavior, and encouraging them to express their emotions.

Age	Concepts of Death	How to Help
<b>Birth-2 years</b>	Notices changes in family routines and emotions, but does not understand the concept of death. Children of this age are aware that the loved one is absent, but they may not have words to express their emotions.	<ul style="list-style-type: none"><li>• Maintain routines as much as possible.</li><li>• Be patient and gentle.</li><li>• Provide physical reassurance through hugs and cuddling.</li><li>• When possible, include the child in mourning rituals.</li></ul>
<b>3-5 years</b>	Children of this age understand that the body has stopped, but usually think this is reversible. They may think being dead is akin to being asleep or being on a trip. Their magical or fantastic explanations are often more frightening than the truth. Children of this age don't understand the permanence of death.	<ul style="list-style-type: none"><li>• Give physical contact.</li><li>• Encourage the child to play and have fun.</li><li>• Give simple, honest answers to their repetitive questions.</li><li>• Foster safe ways for child to express feelings.</li><li>• Include child in mourning rituals.</li></ul>

Age	Concepts of Death	How to Help
6-9 years	Children in this age range understand the finality of death. They understand death mostly at the physical level, and are interested in the biology of death. They may see death as a punishment, and worry that they are to blame. They are just beginning to form concepts of spirituality.	<ul style="list-style-type: none"> <li>● Give physical contact; Plan time together.</li> <li>● Truthfully answer questions; watch for confusion.</li> <li>● Find a peer to help support the child.</li> <li>● Encourage the child to express emotions through verbal, artistic, and physical outlets.</li> <li>● Let the child decide how they would like to participate in mourning rituals.</li> </ul>
9-12 years	Children in this age range understand the finality of death, but they may be in denial about it. They may worry that their actions caused the death. They may imagine their life's milestones (marriage, graduation, etc.) without the deceased. In these years, children often form their own spiritual ideas.	<ul style="list-style-type: none"> <li>● Anticipate and accept mood swings.</li> <li>● Find groups of peers to help support the child.</li> <li>● Be accessible to listen and talk.</li> <li>● Offer physical contact.</li> <li>● Encourage the child to express emotions through verbal, artistic, and physical outlets.</li> <li>● Let the child decide how they would like to participate in mourning rituals.</li> </ul>
12 years & older (teens)	Teenagers usually understand the finality and universality of death. They may be in denial about the death. Grieving teens often try to control their emotions to avoid appearing "weak" or "sticking out." Teens experience a conflict between appearing independent and needing support. They may use their own spiritual concepts as coping mechanisms.	<ul style="list-style-type: none"> <li>● Anticipate and accept mood swings.</li> <li>● Encourage open expression of emotions.</li> <li>● Offer comfort by sharing your grief.</li> <li>● Watch for high-risk behavior</li> <li>● Be accessible to listen and talk.</li> <li>● Find groups of peers to help support the teen.</li> <li>● Let the teen decide how they would like to participate in mourning rituals.</li> </ul>

### Activities to Help Grieving Children

A healing activity may allow the child to express their feelings in new ways if simple conversation is not affective.

#### Healing Through Art

Art allows children to express their feelings and build hope as they use their imaginations.

- **A Picture of Change**<sup>10</sup>. Have the child draw three or more pictures of themselves at different ages. Discuss how they have changed. Ask what they like or dislike about these changes. Talk about how life has changed for them since the death of their loved one. Emphasize that change is inevitable, but they can choose to see the positive side.
- **A Mirror of Your Emotions**<sup>11</sup>. Find a mirror and decoration supplies like feathers, jewels, and sequins (garage sales and thrift stores are good places to look). On the reflective side of the mirror, ask the child to list the emotions they show to others. They should then write the emotions they hide from others on the back of the mirror. Invite the child to decorate the mirror to be as beautiful and unique as they are.
- **Your Grief Landscape**<sup>12</sup>. Ask the child to draw what their journey of grief looks like. What obstacles and landmarks have they had and how do they represent those things on paper? After a sketch is completed, invite the child to add watercolor paint if they choose. Finally, they may enjoy acting out their journey of grief—one child might dramatize swimming through oceans of pain, for instance.

## Healing Through Writing

Writing down thoughts helps children and teens bring their feelings to the surface.

- **Journaling.** Let the child pick out a journal, or show them how to make a simple blank book. Encourage them to write down their feelings, memories, questions, and thoughts about their deceased loved one. Some children may enjoy writing down their dreams, which can be especially vivid in times of grief.
- **Letters.** Writing letters to the deceased can be a powerful way for children to express the thoughts they'd like to share with the loved one who has passed. The child may choose to keep or "send" the letter by burying it or sending it as a message in a bottle. *(Note: If the child does not understand that their loved one is not coming back, letter writing may be confusing. Reserve this for older children)*
- **Lists.** Lists can be a great way to see out how a child understands death. You might ask them to list facts about their loved one's death or times when they missed their loved one. These lists can easily be transformed into other art forms, such as poetry.

## Healing through Storytelling

Most adults enjoy reading to children and a plethora of wonderful children's books explore death and grief. Reading stories about death allows children to see how others deal with grief and provides a new lens for their own grief (see [resource section](#) ideas). After reading a story or watching a film together, invite the child to respond artistically. They may draw how the movie made them feel, how the main character felt or write their own grief story.

### Helping the Grieving Child in School

School can be a very difficult place for grieving children. They usually feel painfully different than their peers, and they may try to hide their emotions as a result. Activities that seemed easy or fun before the death may seem impossible. Many children find it difficult to concentrate after the loss of a loved one, which sometimes leads educators to misdiagnose attention deficit disorders. **Consider these steps to help a grieving child succeed in school:**

**Get the teacher on your team.** Meet with the teacher and brainstorm how to make the classroom a safe, supportive environment. If the class has not yet been informed of the student's situation, ask the teacher to explain so that the child feels less pressured to speak about their loss. The teacher may even be willing to set aside a special spot inside or outside the classroom for the grieving child to go when they need a break from classroom routines. Even if no major changes are made in the classroom, sharing with the teacher will help promote sympathy; once the teacher knows the child is going through a difficult time, he or she may be more understanding when the child acts out or turns into the class clown (both normal classroom responses to grief).

**Find a support group.** Help the child connect with the school counselor or grief support group in school. Such groups pair kids with similar experiences, and provide a place for children to share their feelings during the school day. If this is not available, find a team of loving adults at the school to check in with the student on a daily basis.

# Summary

- **Grief is a natural**, healthy, & important emotional response to the death of a loved one.
- There are **3 main stages of grief**: 1) shock/numbness/alarm, 2) learning through despair, and 3) reorganization/verbalization.
- **Children grieve differently than adults**: They move in and out of grief, they develop as they grieve, and their reactions to death may not be immediate, obvious, or predictable.
- **Children will not “grow out”** of their grief.
- Listen more than you talk, **be honest**, and radiate warmth and acceptance.
- **Share your emotions**, speak the truth, and offer your support
- **Don’t dismiss emotions**, place blame, or tell grieving children how they should feel.
- **Grieving children often forget to take care of themselves**, so you can help by making sure they eat and sleep well and get plenty of exercise.
- It may be helpful to **create a “safe zone”** for the grieving child, where you place comforting items like blankets, stuffed animals, and the child’s favorite music & books.
- **Children of different ages grieve differently**, according to their stage of development.
- **Art & writing activities may help** grieving children express & cope with their emotions.
- To help the grieving child in school, **meet with teachers, counselors, and others** to create a support team.
- There are many **books and films to help grieving children**; support groups and websites offer additional resources.

# Resources

## Books for Adults

### **Healing Activities for Children in Grief**, *by Gay McWhorter*

Intended for counselors, this book is divided into sections for children of different ages, and includes a variety of activities for helping children express their emotions.

### **Why Did You Die? Activities to Help Children Cope with Grief & Loss**, *by Erika Leeuwenburgh, LPC & Ellen Goldring, LPC*

An "Instant Help Book for Parents and Kids," this book contains an overview of how children grieve, as well as 40 activities to help them heal.

### **Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies**, *by Janis Silverman*

This book contains art therapy activities for grieving children. The activities are designed to help children deal with their feelings and think about how to remember their deceased loved one.

### Books for Children

#### **Tear Soup**, by *Pat Schweibert*

Tear Soup is a wonderful book for children and adults. It tells the story of Grandy, a grandmotherly figure, who loses someone close to her and decides to make tear soup.

#### **Daddy's Chair**, by *Pepi Marzel*

In Daddy's Chair, Michael defends his dead father's chair from those visiting his house during *shiva*, the days of mourning in the Jewish tradition. This book shows how family members support each other after a death. Best for ages 4-8.

#### **The Fall of Freddie the Leaf**, by *Leo Buscaglia, PhD*

Considered a classic of children's grief literature, the book tells the story of Freddie the maple leaf, who learns about the cycle of life and death as he experiences the changing seasons alongside his fellow leaves. Appropriate for all ages.

#### **Aarvy Aardvark Finds Hope: A Read Aloud Story for People of All Ages About Loving and Losing, Friendship and Hope**, by *Donna O'Toole*

In this beautifully illustrated book, Ralphy the Rabbit helps his friend Aarvy find peace after the loss of his mother and brother.

### Videos

**For children 9 years old and younger: *What on Earth Do You Do When Someone Dies?***

Children's author Trevor Romaine tells the story of Sky as she deals with the death of her grandmother. Tender humor and a positive tone make this DVD a wonderful choice for helping any grieving child. View a [preview for this film at YouTube.com](#).

**For 9-12 year-olds: *Bridge to Terabithia***

When one character dies, a friend must find ways to cope with death. This is a great movie to watch & discuss with grieving children. View a [preview for this film at YouTube.com](#).

**For teens: *How I Coped When Mommy Died***

13-year old Brett Hardy Blake created this film to document his journey through grief following his mother's death. Teens will appreciate Brett's honesty, and caregivers will appreciate the film's positive message. To learn more, visit [Fanlight Production's website](#).

**Short films for adults:**

***Talking with Children about Death*** In this short video, bereavement counselor Maria Dancing Heart shares a few tips for discussing death with children.

***On Children and Death*** In this clip, groundbreaking psychiatrist [Dr. Elisabeth Kubler-Ross](#) speaks on the power of art in children's grieving process.

### Therapy and Support Groups

Therapy groups involve groups of similar people helping each other cope with psychological trauma. A therapist typically leads each session, but most of the time in the group is spent listening to peers. Grief counselors lead opening activities and games to help children relate to each other and consider their own emotions.

#### Support Group Options:

- **Hospitals:** Most offer support groups for the bereaved and the best-equipped facilities will offer groups especially for children.
- **Non-profit organizations:** Groups like The Dougy Center in Portland, Oregon, offer support groups for various types of grief and many will provide specific support for children and teens.
- **Churches:** Contacting your church for help has been a long-standing option for support.

If none of these options are available in your area, consider starting your own group for grieving children. Nothing soothes the grieving child's soul like becoming friends with children in similar circumstances.

### Websites and Online Forums

The Internet offers a wide array of resources for the bereaved. Social networking sites like Facebook can provide a helpful network for support, as long as you feel comfortable with sharing and the level of privacy it offers. These resources are good for parents trying to understand how to help their children.

**Kids should not be encouraged to search online for answers alone.** For children younger than 13-15 years of age, the internet should be a place to explore with a parent or caretaker so that they can ask questions and parents can make sure the child finds good information.

#### Online Support Options:

- Valley Of Life Forum

# Feedback and Thoughts

We always appreciate feedback on what we are doing.

Please send your feedback on what you just read, your grief experiences, suggestions on improving our services or your suggestions for other topics.

We will use the feedback we receive to improve future editions of the book and grow our library of resources.

**Email:** [Info@valleyoflife.com](mailto:Info@valleyoflife.com)

**Web Contact Form:** <http://www.valleyoflife.com/?contact/>

## About the Author

Miri Rossitto is the creator and founder of Valley of Life. She began building it in the fall of 2006 when her own mother's life was cut tragically short. Miri realized then that there was a need for an informative, supportive and respectful website dedicated to celebrating life. She hopes that one day Valley of Life will have helped countless friends and family cope through such a difficult time.

Miri lives in Los Angeles, California with her wonderful husband and two precious daughters.

## **A Guide to Children & Grief**

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